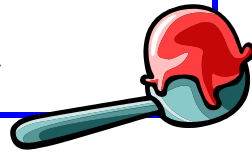


THE COUNTY SNOOZE



Gallatin County

February 5, 2010



Biggest Loser Contest

We have all watched at least one episode of this motivating, inspiring show and many of us have even shed a tear at the season finale when you see the before and after pictures and hear the comments from the participants of how they have not only physically changed for the better, but also how wonderful they feel emotionally when they accomplish their goals.

Let's bring that enthusiasm to Gallatin County with our own contest!

Here are the details:

This will be an eight-week contest, running from February 19th – April 16th.

There will be a \$10 enrollment charge, and a \$1 weekly weigh-in fee. The winner will be the person with the most body fat percentage (BF%) lost.

The collective pot of \$10 entries goes to the overall winner.

The collective pot of \$1 weekly fees will go to the "Biggest Loser" of BF% each week.

To begin, we will weigh in on Feb. 19th at the County Health Department to set our baseline.

The Health Department will offer blood pressure checks as well. (You could even ask a friend to do body measurements (arms, waist, hips and thighs) on yourself and compare it eight weeks later!)

Every Friday between 8am-10am each participant will need to weigh in with Larisa (in the Health Department). (A missed weigh-in will be counted as 0 pounds and 0% BF lost.)

You can use any method of diet and exercise to achieve your personal goals and the "Biggest Loser" prize! Our local gyms host a variety of exercise programs – check out the "Have a New Year's Resolution..." article in this edition of the Scoop.

If you are interested in signing up, please contact Crystal or Glenda in the Commission of-fice (ext. 3000) prior to February 11th so we can create a weekly status card for you.
Everything will be kept strictly confidential

Inside this issue:

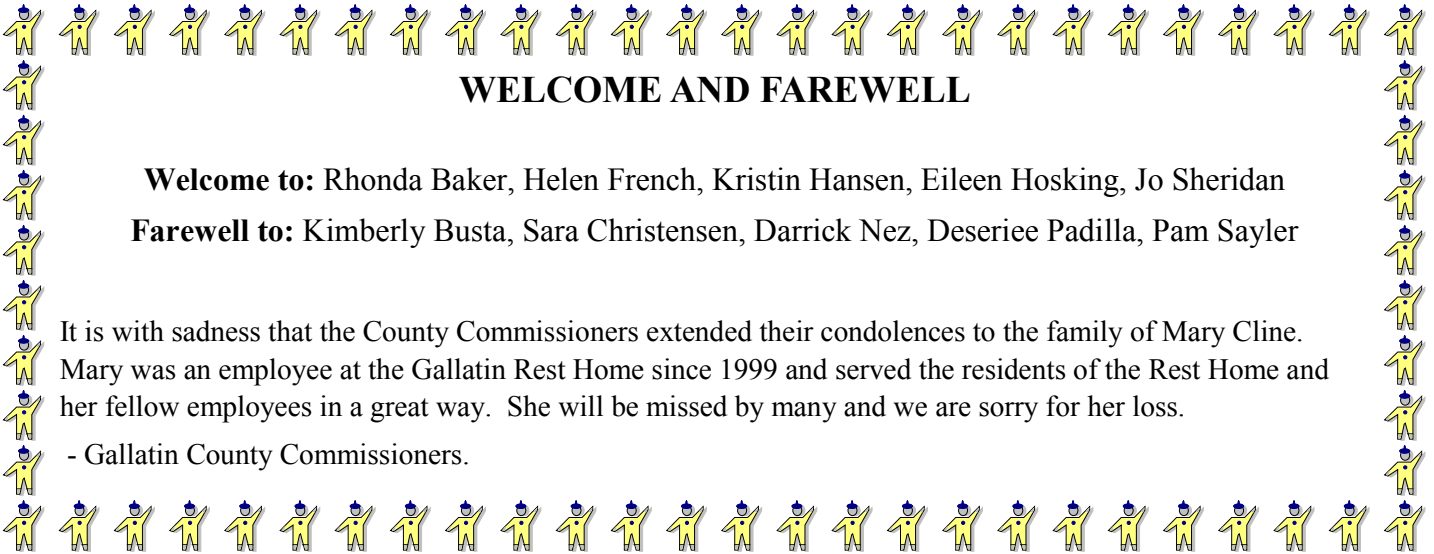
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MONTHLY MUSING

Wagons-ho!

We're one full month into 2010 and it'll be spring before we know it—June can't get here fast enough, right? This time every year, it seems that most people start to fall off the wagon regarding their New Year's Resolutions. There's the most generic "I'll lose weight" or simpler ones like "I'll keep my desk clean", "I'll call my distant family more often", or "I'll brush the hair litterer every week". Every resolution is said with good intentions, but after a few weeks it seems harder to do than say. There's too much work to be done, the family lives so far away that calling after work means they're already in bed most nights, and the dog seems to shed *more* when you brush it! Losing weight is hard during the winter months because healthy fruits & veggies are harder/more expensive to get, people seem to enjoy heavier or heartier foods when the weather's colder, and getting outside to even walk can be difficult with the snow/ice on sidewalks. There are gym options and diet plans through the mail, but those can be expensive. For most, especially when things start to get hard after the first month or two and the realization comes that maybe jumping in with both feet was too much, perhaps just trying to change one small thing can be helpful. Once a week, make sure that you take a few minutes to tidy things on the desk/work area. It doesn't have to be completely clean, but having some sense of order can be really helpful. A phone call can be made on weekends, but if there's something important to share, there's always e-mail. Ask a groomer or the vet the best way to handle the fur factory. Add one new vegetable or fruit in every week, even if it's frozen or canned, there may be something delicious that you haven't discovered yet. Small changes are much easier and less overwhelming than expecting too much of yourself by making a big change and thinking you'll be able to do it. If you can, more power to you!

Oh, and Happy Valentine's Day for those of you who celebrate. Hearts, chocolate, and flowers are never a bad thing, even if it's a heart-shaped chocolate with a flower imprint in the center.



WELCOME AND FAREWELL

Welcome to: Rhonda Baker, Helen French, Kristin Hansen, Eileen Hosking, Jo Sheridan

Farewell to: Kimberly Busta, Sara Christensen, Darrick Nez, Deseriee Padilla, Pam Saylor

It is with sadness that the County Commissioners extended their condolences to the family of Mary Cline. Mary was an employee at the Gallatin Rest Home since 1999 and served the residents of the Rest Home and her fellow employees in a great way. She will be missed by many and we are sorry for her loss.

- Gallatin County Commissioners.



FEBRUARY BLUE JEAN DAYS

5thTH—\$2 for the Bozeman Daily Chronicle Blue Jean Friday

10th—\$2 County Casual for the Mental Health Drop In Center (or bring a can of coffee to contribute)

17th—\$2 County Casual for the Friends of Treatment Court

22nd—\$2 County Casual for Employee of the Month Recognition



The Gallatin County Commissioners are pleased to Introduce Liz Wildman as “Employee of the Month” in January

Liz has been working for Gallatin County in the Health Department for 26 years come this May. She has been the Finance Specialist for the department for the duration of this time.

When she started she did the books manually with ledger books. “You know the “antique leather bound” type, we’ve come a long way since then!” She’s done everything from answering the phones, to Medicare billing when GCCHD was a home health agency, but now she is kept busy doing the “books” for the whole health department.

When asked what she likes most about her job, Liz stated that she has always enjoyed the diversity of the job. There is always something new to learn and that has kept her job interesting. She noted that other county staff and departments have shared a wealth of information over the years, which has helped her to do her job more efficiently and she’s very thankful for that. Her favorite thing about working for Gallatin County has been the people she works with not just in the health department but the “team” of Gallatin County employees.

Before coming to Gallatin County (and that was a long time ago :-)) Liz worked at a small airport in Illinois and at Stapleton Intl/Denver (now defunct) doing accounts receivable. She stated that she regrets never learning to fly, but it was a lot of fun hanging out with the pilots! When she moved to Bozeman she worked for Claire Daines when he was just starting out. She was his first non-family bookkeeper and worked out of his office on Kagy Blvd., which was still a dirt road. Since then....Gallatin City/County Health Department!

From Liz’s co-workers:

Because of Liz’s professionalism, attention to detail and dedication to the County over the last 25+ years, the Health Department continues to meet the high standards of the external audit.

In her free time Liz enjoys camping, fishing and hanging out in Yellowstone National Park checking out the wolves, bears and bald eagles. She truly enjoys bird watching, especially raptors. The only thing that she enjoys more than these things is hanging out with her daughter and grandson.

Liz has one daughter, Hillari, who grew up in Bozeman, who she affectionately calls “granola muffin.” “All things natural.” Her pride and joy is her seven year old grandson Kaia. Both are in Costa Rica right now where Hillari is teaching massage therapy at a school there. “While we are suffering through the 29 degrees below zero temps here in Bozeman, they are suffering in 90 degrees.”

Liz also stated that she is thankful for all the years of working for Gallatin County and all the people that she’s have the pleasure to work with....with the exception of a few. Ha Ha!

A HUGE THANK YOU to Liz for her many years of dedicated service to Gallatin County and the City-County Health Department! You have been a very valuable asset to our system and a great friend to many!

Keep those nominations coming in! It is always nice to hear the wonderful things co-workers say about each other; it makes it very difficult for to choose just one each month!



CLASSIFIED ADS

1998 Ford Windstar minivan. Approximately 160,000 miles, newer auto o/d transmission, good tires. 3.8 liter V6, runs good, but has cosmetic issues. Green exterior and tan interior. Interior is in good condition. 3 row seating, rear ac/heat. If could use front struts and alignment, but not critical. \$500 OBO. Call Blair @ 586-2233

FREE TO GOOD HOME: Lovable, male, long-haired, black cat (7 or 8 years old)—needs to be in home without children or other pets if possible. Call Morgan at 924-6082 to give him a good home.

VOLUNTEER OPPORTUNITY

Gallatin Rest Home has a number of programs for individuals interested in community service.

Volunteering is easier than you think! Through volunteering, we can make opportunities accessible to individuals and provide a critical need to building a stronger community.

**Please contact Susan at 582-3311
if you are interested!**



SWIMMING UPSTREAM NOMINATIONS

Do you know someone in Gallatin County who has worked to change how Gallatin County responds to the consequences of alcohol misuse or abuse? The 2010 Swimming Upstream Awards committee is looking for nominations for this year's awards. The Swimming Upstream Awards, funded by the Gallatin County DUI Task Force, will be awarded at a ceremony in April. They are the result of a collaboration between the Task Force and Alcohol and Drug Services of Gallatin County.

Awards are made based on certain qualities of action within the community. These include: those who work to provide the "wake up call" of criminal justice sanctions; those who help keep us all safe from drunk drivers; those who educate the community members about the potential health risks of alcohol misuse and abuse; those who help expand the public dialog around the risks and costs of alcohol misuse and abuse; those who advocate for treatment, healing and recovery rather than or in addition to other sanctions. The awards include community members who address the root problems of society that can lead people to abuse alcohol; those who provide positive mentoring and modeling alternatives to alcohol misuse; those who offer their support to people in recovery for alcoholism; and those who provide community alcohol-free social and recreational opportunities.

Please email: info@gallatinduitaskforce.info with your nomination by February 14th. Your nomination should include the name of your nominee, a contact person, their email and phone number, along with the reason for your nomination. Please include your name and contact information as the one making the nomination. Nominations may also be popped in the county inter-office mail or mailed to: The Gallatin County DUI Task Force, 104 East Main, Ste 313, Bozeman, Mt. 59715. Learn more about the Swimming Upstream Awards at www.adsgc.org

Want to jump start it with a fun competition?

How are you doing so far?

Have a New Year's Resolution to Lose Weight and get Fit?



Gallatin County's Health & Wellness Program offers a variety of ways to become more active, get in better shape and help you feel great.

- ❖ Ski Program – We still have Moonlight Basin tickets available for \$45 in the Commissioner's office
- ❖ Gym Memberships (half deducted out of each paycheck and automatically paid for you on time)
 - Gold's Gym \$25/month
 - The Ridge \$43/month
 - The Rock \$33/month
- ❖ How about a Biggest Loser Contest among county employees who would like to participate? The Wellness Programs below could help you jumpstart weight loss goals – but they aren't necessary to participate in a Biggest Loser Program. **Read the "Biggest Loser" article in this edition of the County Scoop!**



Gyms are offering fun weight loss programs this Spring

Gold's has a "Biggest Loser - Spring into Fitness!" beginning March 1st and running through May 31st. Trainers will be available to weigh you, measure your body fat percentage and take your before picture upon registration – then be there every step of the way to help you achieve your fitness goals. Everything Gold's has to offer is available by visiting their website at www.goldsgym.com/bozemanmt, as well as activities, class schedules and Kids' Club hours. Call them today at 522-7777.

The Ridge is offering a "Bikini Project Challenge." This is available to members and non-members. It is a six-week course beginning February 1st and running through mid March. The class is Monday, Wednesday and Fridays at 6AM. Price is \$300 for members and \$400 for non-members. The Ridge also offers an on-going boot camp course that is available to both members and non-members. Contact Lana at 586-1737 for more information on boot camp, or visit the Ridge's website to learn more www.ridgeathletic.com.

The Rock in Belgrade also offers a corporate/employee discount for couples – this is \$52/month. You can check out amenities by visiting www.therockfitnesscenter.com or at 388-7133. They have faxed us their most recent class schedule (but haven't loaded it to their website), so if you're interested in checking it out contact Michelle in HR at extension 3044.

Energy Consumption Update – How are we doing a year later?

By Crystal Turner

Last year we had an energy contest amongst participating county buildings. Collectively we saved 20.4% last year between January and May. Well, it's already one year later and the Cost & Energy Reduction wanted to check in and see if everyone's efforts of behavioral changes turned into habits.

We checked into November and December's numbers just to see how they compared to 2008's numbers while we wait to receive our January statement from NorthWestern Energy. **The Committee was so pleased to learn that all of you are still doing an excellent job at conserving energy!** The temperatures in Nov/Dec 2008 averaged at 64°/60°F. In 2009 the temps averaged 54°F and 44°F. Considering both months decreased in external temperature, which urges most of us to crank the heat up, we still managed to decrease usage and costs.

Every building continues to demonstrate excellent energy saving habits, and usages continue to plummet. (The Detention Center usages greatly increased. However, it was determined that the heaters were not functioning in November and December 2008, and were subsequently replaced in January 2009.) The Committee is very happy to report the following numbers. Keep up the fantastic work!! Excluding the Detention Center since it will far skew our reduction efforts...we continue to save the County taxpayers an average of 19.5%!

If you have any energy- or cost-saving suggestions or ideas, please contact Crystal Turner at 582-3000.

	Courthouse	CH Annex	Detention Center	Guenther Building	Law & Justice Center	9-1-1 Center
Dates					(including DC#3, but without 911)	(new location)
November 2008	Kwh: 52,800 Dkt: 130.8	Kwh: 14,720 Dkt: 81.8	Kwh: 36,040 Dkt: 163.6	Kwh: 17,760 Dkt: 55.2	Kwh: 71,820 Dkt: 218.3	No data
November 2009	Kwh: 40,800 Dkt: 121.8	Kwh: 14,000 Dkt: 53.2	Kwh: 36,646 Dkt: 141	Kwh: 15,760 Dkt: 58.1	Kwh: 71,558 Dkt: 204.9	Kwh: 30,080 Dkt: 70.15
Savings	32% decrease	28.1% decrease	21.6% increase*	16.5% decrease	12.7% decrease	No data
December 2008	Kwh: 43,920 Dkt: 168	Kwh: 16,000 Dkt: 30.7	Kwh: 35,800 Dkt: 187.5	Kwh: 16,280 Dkt: 63.7	Kwh: 66,483 Dkt: 212.8	No data
December 2009	Kwh: 40,800 Dkt: 169.5	Kwh: 15,040 Dkt: 29	Kwh: 35,926 Dkt: 192.9	Kwh: 16,000 Dkt: 71.5	Kwh: 60,483 Dkt: 243.7	Kwh: 32,400 Dkt: 84.39
Savings	17% decrease	25.2% decrease	30.8% increase*	14.6% decrease	9.4% decrease	No data

Kwh = Kilowatt Hour Dkt = Dekatherm

* Nov/Dec '08 – Detention Center heaters were not functioning so were replaced in Jan '09.

Join us for a fun-filled 5 days this year

Montana Association
of Geographic Information Professionals

2010 Intermountain GIS Conference



Challenges for a Changing World

April 19-23, 2010

Bozeman • Montana

Special Features Include:

Public Education and Interaction Night

A Night of Dinner and Dinos
at the Museum of the Rockies

A new, creative take on Geo-caching

Guest Speaker: MSU Professor of Geography
and Author, William Wyckoff, will
give a talk with his focus on the
historical and cultural geography
of the Rocky Mountain West



**For More
Information Contact:**

Allen Armstrong
Gallatin County GIS Manager
406-582-3049
allen.armstrong@gallatin.mt.gov

Jenny Connelley
Gallatin County GIS Program Assistant
406-582-3166
jenny.connelley@gallatin.mt.gov

WILD WEST WINTERFEST



Experience the West

February 12 - 14, 2010

Gallatin County Fairgrounds Events Park

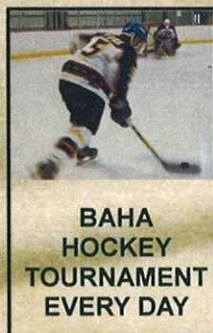
www.wildwestwinterfest.org



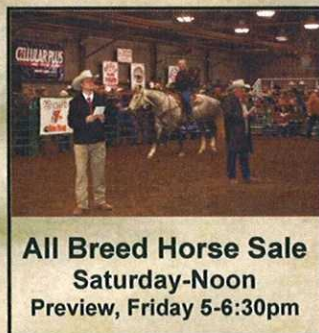
Children 10 years
& Under FREE



Petting
Zoo
Every Day



BAHA
HOCKEY
TOURNAMENT
EVERY DAY



All Breed Horse Sale
Saturday-Noon
Preview, Friday 5-6:30pm



Dog Keg Pull-Sunday 1pm



Dogs, Dogs, Dogs
Dog Agility
Meet the Dog Breeds
Canine Talent
Doxie Derby & More

**DANCING
FRI & SAT
8:00pm**

Friday- music by "Ten Foot Tall & 80 Proof"

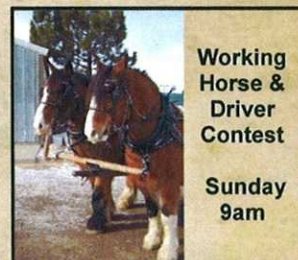
Saturday - Carhartt-Sweetheart Barn Dance
with music by "Western Skies"



Chili Cook-Off
Saturday 9am
Public Tasting
Noon



Battle of the
Breeds Finals
Saturday 4:30pm



Working
Horse &
Driver
Contest

Sunday
9am

Friday, Feb 12 - Gallatin Fairgrounds Foundation

BBQ Rib Dinner & Silent Auction *Advance tickets only*

100% of proceeds go to Fairgrounds Foundation

Tickets available at Holiday Inn-Bozeman, Gallatin County Fairgrounds Office & Murdochs

EVERY DAY EVENTS

WinterFest Frontier Mercantile ~ WinterFest Food Vendors ~ Photography Show ~ Children's Art Show
McLien's Farm Barn ~ Hay Show ~ Alpacas of Montana ~ Lou's Petting Zoo ~ BAHA Hockey Tournament ~ Quilt Show

FRIDAY

Horse Sale Preview
Cattle Sorting Contest
Meet the Dog Breeds
Fairgrounds Foundation
BBQ Rib Dinner & Silent Auction
Dance with music by
"Ten Foot Tall & 80 Proof"

SATURDAY

Horse Drawn Wagon Rides
Renegade Ice Bogs
All Breed Horse Sale
Ag in the Classroom
Poultry & Rabbit Show
Packers' Scramble
Battle of the Horse Breeds Contest
Carhartt Sweetheart Barn Dance
with "Western Skies"

SUNDAY

Cowboy Church
Working Horse & Driver Contest
Kids' Activities
Canine Good Citizenship & Puppy Parade
Canine Talent & Freestyle Dancing Competition
Bridger Feeds/Coors Dog Keg Pull
Doxie Derby
All Star Dog Show



Check out our website for the Wild West WinterFest Schedule and a lot more at: www.wildwestwinterfest.org or call (406) 582-3270.

Gallatin Valley

2010

Relay For Life

'A Night at the Oscars'


Kick-off Party

Tuesday, Feb 23rd, 2010

*6:00 pm • Wingate Inn
2305 Catron Road, Bozeman*

Questions: Contact Jenny Connelley, GJS, 582-3166





Myth: The one who has had the least to drink should drive everyone home.

Truth: A designated driver is a person chosen before the celebrating starts who abstains from all alcohol on a social occasion in order to drive his/her companions home safely.



THE SUPER BOWL OF SUPER BOWLS

The BOZONE
Bozoni's Original & Authentic
Brewery & Distillery



**Fans Don't Let Fans
DRIVE DRUNK.**

Designate a sober driver for your Super Bowl party.